Meditation to Open Third Eye

A Complete Guide to Improve Memory

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Third eye meditation is a mindfulness practice situated between the eyebrows and activates the Ajna Chakra. It helps the mind to concentrate and relax, also keeping it away from overthinking and staying focused on work.

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Does third eye meditation really work?

Yes, third eye meditation really works by improving attention control and reducing overthinking. By consistently practising, changes like memory improvement, strengthened focus, and mental clarity are seen.

However, it is always linked to the spiritual side, but scientific brain exercises that link to each other help in memory and deep focus.

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What is the ajna chakra?

Ajna Chakra is also known as the third eye Chakra. A place of the mind to focus, concentrate, and use intuition. Its major roles are

- Improve memory
- Decision-making power
- Learning new
- Deep focus

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How does meditation help in building concentration?

This meditation is very useful for that part of the brain which has decision-making power. It activates that part of the brain. It processes and restores the ability of the brain when it loses its focus and thinks about multiple scenarios at one time.

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